

## COLON CANCER PREVENTION TIPS

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Cancer is the second leading cause of death in the US and colon cancer is the third leading cause of cancer deaths in men and women. Good nutrition and healthy lifestyle choices can greatly reduce your risk of colon cancer. Recent research has shown that there are several foods that you can eat which will actually protect you from colon cancer. These foods include:

- Whole grains
- Fruits and vegetables
- Legumes (dried beans and peas)
- Low-fat foods

Whole grain foods are good sources of fiber. Fiber, while not an essential nutrient, does help promote health of the large intestine, or colon. Fiber acts to move the waste material through the large intestine more quickly thus reducing exposure to potentially cancer causing compounds.

When you shop for grains, always check the label to be sure the first ingredient listed is **whole** wheat, corn, rye, oats etc. Whole means that the grain has not been refined and that it is a good source of fiber. Cereals also are a good source of fiber if it shows whole grain as the first ingredient. You can also add whole bran cereals to your favorite breakfast food and increase fiber.

Fruits and vegetables are also good sources of fiber. In addition, they have phytochemicals such as antioxidants and beta carotene that have been shown to reduce risk of cancer.

Legumes, or dried beans and peas are a delicious low-fat protein source that is an excellent source of fiber.

Low-fat foods are recommended because high-fat diets have been associated with increased risk of cancer.